

## ABSTRACT

The meal advice system of the present invention provides appropriate next meals in consideration of the previous meal taken by a dieter. The previous meals are transmitted as an image data from a dieter terminal to a server which responds to relay the image data to an analyst terminal for requesting the analysis of foods contained in the meal. The analysis result is transmitted back to the server where nutrient constituents of the analysis result are compared with prescribed nutrient amounts needed for the dieter to select a collection of the next meals containing foods compensating the deficient nutrient amounts. Then, a proposed menu containing the collection of the meals is transmitted to the dieter and/or a meal assistant who serves the meal to the dieter.